

If my household is eligible, how much will we get?

For October 1, 2005, through September 30, 2006, the table below shows the most you could get if you have no income. As your income goes up, the amount of food assistance you will get goes down.

People in Household	Maximum Monthly Allotment
1	\$ 152
2	278
3	399
4	506
5	601
6	722
7	798

Is food assistance cash?

In North Dakota, food assistance benefits come on a plastic card that you use just like a bank card, but only for food.

What if I have more questions?

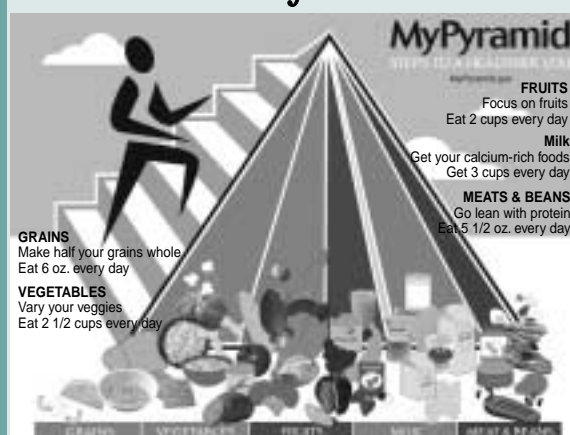
You should call your local county social service office.

For more information call the North Dakota Department of Human Services toll-free at 1-800-755-2716.

Good food choices promote a healthy future at every stage of life.

- Food assistance expands your ability to eat a variety of foods.
- The Food Guide Pyramid shows you how to choose foods to eat a healthy diet.

Food Guide Pyramid A Guide to Daily Food Choices*



**The food Guide Pyramid is a guideline for normal adults.*

- Be physically active! Walk, jog, dance, or play with your kids at least 30 minutes a day.
- Choose lower fat foods like fruits, vegetables, and skim milk.
- Choose food and beverages low in added sugars.

To learn more about healthy eating and making the most of food assistance benefits, contact the county office of the NDSU Extension Service.

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The Food Assistance PROGRAM IN NORTH DAKOTA



What is the Food Assistance Program?

Food assistance helps single people and families with little or no income to buy food.

How do I get food assistance?

Look in the county government section (blue pages) of your phone book. You can find food assistance under "social services."

Call the food assistance office to set up a meeting with a worker. Ask what papers you need to bring. The worker will need to see your pay stubs, rent or mortgage payments, utility bills, child- or elder-care bills, and child-support orders (the court order and canceled checks).

At the food assistance office you will talk with a worker, answer some questions, and sign some papers. If you can't go to the food assistance office, you may send a relative or a friend to talk with the worker. Or you may be able to talk with a worker on the phone.

Can I get food assistance just for myself if I live with my family or with others?

People who live together and buy food and prepare meals together are grouped as a "household." Husbands and wives and most children under age 22 must be one household.

Will I have to get a social security number?

Yes, you must have or will have to get a social security number for each household member.

Can legal noncitizens get food assistance?

You might be able to get food assistance. Talk with a food assistance worker about this. Even if you can't get food assistance, family members born in this country can. Getting food assistance won't hurt you if you want to become a citizen.

Can I get help if I'm not working?

If you're able to work, you must look for work, take a job offer, or go to training.

How many assets can we have?

Households with a member who is age 60 or older or disabled may have up to \$3,000 in countable assets. Other households may have up to \$2,000. We don't count the assets of people who are receiving State cash assistance (TANF), Federal supplemental security income (SSI), or TANF Information and Referral Services. Check out TANF Information and Referral Services at your local county social service office.

How much income can we have?

We count most types of income. *Gross* income means income before any deductions. *Net* income means gross income minus allowable deductions.

TANF and SSI households are income eligible.

TANF Information and Referral households must meet the net income limit.

For October 1, 2005, through September 30, 2006, the income limits are:

People In Household	Gross Income	Net Income
1	\$ 1,037	\$ 798
2	1,390	1,070
3	1,744	1,341
4	2,097	1,613
5	2,450	1,885
6	2,803	2,156
7	3,156	2,428

What are the allowable deductions?

- 20 percent of earned income;
- a standard deduction based on household size;
- medical expenses over \$35 a month for elderly or disabled members;
- certain dependent-care costs when needed for training, education, or work, but not more than \$200 for each child under age 2 and not more than \$175 for each other dependent;
- legally owed child support; and
- a percentage of shelter costs.

